IT'S ALL CONNECTED
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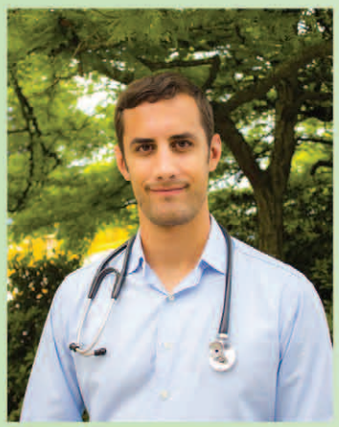
FREE MAGAZINE

Time to take back Canada

DREAMHEALER

Dr. Adam McLeod, ND



Integrative Healing Workshop
November 8 in Vancouver

Register at: www.dreamhealer.com

This will be Dr. McLeod's last Dreamhealer workshop as he plans to focus on his clinical practice. **Experience self-empowerment** as Dr. Adam McLeod performs 2 group healings and gives every participant the tools to powerfully influence their own health.

Dr. Adam McLeod is the author of five best-selling books including his most recent publication, ***Integrative Cancer Care: The Power of Being Informed.***

Over the last 12 years Adam has been credited with hundreds of healings from those who have read his books and attended his workshops. He has presented about the power of intentions all around the world and has shared the stage with such notable speakers as Edgar Mitchell (Apollo 14 Astronaut), Deepak Chopra, Andrew Weil, Bruce Lipton, and David Suzuki.

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***Reference:** Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.*

Original World

Hand Crafted Journeys to Traditional Cultures

Spirit of Myanmar
Feb 5 - 16
& Sept 28 - Oct 9
The Fall tour includes the Pagoda Festival at Inle lake.

An insider's exploration of Burmese art, architecture and gentle culture. See the stunning Buddhist monasteries and temples, and get to know the humorous, engaging and inquisitive people of Burma: men wearing skirt-like longyi, women smothered in traditional make-up, and betel-chewing grannies. This is the authentic Asia!
Info: www.originalworld.com/Spirit-of-Myanmar-Tour/index.shtml

Bhutan Festivals
Mar 23 - Apr 4, 2016
With Paro Festival; pre-tour option: Sikkim-Darjeeling
Sept 6-18, 2016
with Thimphu, Wangdue & Tamshing festivals

Tsechus are religious festivals where masked dances are performed to instruct the onlookers in the ways of dharma and to honor Padmasambava, considered the founder of Buddhism. We attend three festivals and visit sacred sites, bazaars, small villages, enjoying the breath-taking Himalayas and local culture. **Info: www.originalworld.com/Bhutanese-Thimpu-Tsechu-Festival-Tour/index.shtml**

Treasures of Tibet
Apr 4 - 16
& Sept 18 - 30, 2016
Includes 4 days in Kathmandu Valley, follows Bhutan tours

Experience the colorful, fascinating Tibetan culture. Visit Tibet's most revered temples and monasteries, including the massive Potala Palace and Lokhang Temple, bustling with pilgrims. Enjoy stunning mountain scenery, with soaring Himalayan peaks covered in snow, turquoise blue lakes, and prayer flags fluttering at the mountain passes.
Info: www.originalworld.com/tibet-tour

Soul of Sri Lanka
Feb 10 - 23
(with Navam Perahara)
& Nov 10 - 23, 2016

Sri Lanka: land of beauty, amazing wildlife, and home to Theravada Buddhism. Journey from modern Colombo to 3rd Century Anuradhpura and see the Sri Maha Bodhi, grown from the same tree under which Prince Sidhharth attained enlightenment. Highlights include a river safari -and visiting the Temple in where the Sacred Tooth Relic of Buddha is preserved. **Info: www.originalworld.com/visit-sri-lanka/**

Spiritual India: The Art of Pilgrimage
Sept 30 - Oct 18, 2016

A comprehensive and diverse tour of India through the Himalayas, Punjab, the Ganges, Agra (Taj Mahal) and Rajasthan. We visit the pilgrimage sites of Buddhists, Hindus, Sikhs, Jains and Muslims. We participate in two authentic traditional rituals: the Homa ceremony and Dusherra Festival (celebrating the triumph of good over evil).
Info: www.originalworld.com/India-spiritual-tours/

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Pharma's banking on your allergies

No treatment means billions lost in sales

Who says "near death" experiences don't pay?

Welcome to the crazy world of 'emergency capitalism' where a rare – but sometimes life threatening – condition is turned into a very lucrative market with the help of skilful fearmongering, the co-opting of patient groups and the buying of experts.

I'm talking about food allergies, the life-threatening type, given we seem to be living in an increasingly allergic world. Food allergies are particularly worrisome because, well, we are surrounded by the stuff. Most of the serious allergies are related to peanuts and tree nuts, milk, eggs, fish, shellfish, soy and wheat. A hyper-allergic reaction, known as anaphylaxis, is where your body goes on a major offensive in response to an allergen. It can often involve multiple body systems – including gastrointestinal, skin, breathing – and it sometimes leads to respiratory and cardiac failure and death. Some people only need a whiff of an allergen to send them over the edge.

Thankfully, for those at risk of an anaphylactic reaction, the drug epinephrine, also known as adrenaline, is packaged as a self-administered emergency medicine. It can basically save your life long enough for you to get to a hospital. As a "use only when required" drug, it is most commonly injected through a self-administered auto-injector into thigh muscles. The two kinds available in Canada are Allerject by Sanofi and Epipen, a Mylan product distributed by Pfizer.

Commercial drug makers are always driven to increase sales and market share, but how do they expand the patient population of those at risk of a life-threatening allergic reaction? Maybe they do the easy stuff first: take a product costing pennies to make, package it in a fancy auto-injector, stamp a one-year expiry on it – most of you would blow a gasket if you knew about the fraudulent use of medication expiry dates – charge $120 for it and get parents, school boards and others to stock it. Above all, push the fear because we all know fear sells.

How common is an anaphylaxis death in Canada? An Ontario study found 80 anaphylactic deaths over a 25-year period. Extrapolating those Ontario numbers across Canada, it would mean about eight deaths per year in Canada. So, not big numbers, but let's face it, the fear factor hovers large especially if your kid is one peanut away from possible death. What this results in is a strong cohort of hyper-vigilant, internet-savvy mothers (and fathers) who work hard volunteering to raise awareness about life-threatening allergies. The fact that there are so few deaths due to anaphylaxis in Canada is likely due to the work of those parents.

But, as I've seen in other patient groups, where there is a high degree of consumer involvement in a disease, there's also a high degree of interest from companies wishing to tap into this 'patient engagement.' Sold as a harmonious alignment of interests between the momma bears – bent on protecting their cubs against any allergens – and the companies selling allergy-related drugs and paraphernalia, it's easy to forget how much money is at stake. We're talking billion-dollar industries, not just for epinephrine injectors, but for skin prick tests, inhalers, steroids, specialty foods, antihistamines, oral immunotherapy and so on.

> In the allergy world, pervasive conflicts of interest exist.

One of those moms very focussed on this issue is Chantelle Olsson. She became involved in the world of life-threatening food allergies when her two-year-old daughter was diagnosed with a peanut allergy. She remembers people asking, "Why aren't you doing more to prevent this?" Reflecting on this, she thought, "Yeah, why aren't we doing more?"

In an interview from her home in Langley, BC, she told me she's most interested in prevention and working to reduce the numbers of children affected by allergies. Her group, Families for Anaphylaxis Education, is different than many other groups working in this area in one important way: they don't take money from the pharmaceutical or food industries.

In the allergy world, pervasive conflicts of interest exist. For example, Food Allergy Canada (formerly Anaphylaxis Canada) gets some of its money from 'corporate partners,' which are mostly food companies and the makers of the epinephrine auto-injectors.

Whether a patient group takes corporate money or not almost always determines their priorities. So why has there been such a rise in food allergies in recent years – maybe as high as one in 13 school-age kids? Could it be due to the way foods are grown or processed or because of the numbers or contents of vaccines, which have changed enormously over the last 20 years? Are kids being exposed to allergens too early, or too *continued p.17...*

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What they are, where they're found, and how to avoid them
With Nikoo Boroumand, BEnv Sc, MPA, CH, CNP, RNCP/ROHP

2:00 – 3:30 pm Fundamentals of Nutrition
From PMS to Menopause: Simple solutions for hormone imbalances
With Dr. Matt Greenwood, ND

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The buzz about superfoods

by Meghan Telpner

Maca powder and root

photo © lldipapp

There's a lot of buzz about superfoods. They're supposedly amazing for us with an endless array of nutrients that should save us from myriad health challenges. In most cases, the term "superfood" doesn't actually mean a whole lot. It's a marketing term that has become mighty trendy and powerful in promoting the sale of 'health foods.'

Marketing aside, there might be some great reasons that many of the foods termed superfoods are becoming very popular. Widely used in the health food community, they are now also trickling into the mainstream. I like to think of superfoods as the most nutrient dense and health supportive foods we can enjoy. By this definition, many of the best-for-us superfoods might very well be growing in our own backyards – foods like kale, garlic, onions, blueberries and raspberries.

There are also superfoods we may be less familiar with and which grow further afield. Typically associated with myth and tradition, they often seem a little mysterious and carry some significant claims of healing powers.

In my own work as a cookbook author and culinary nutrition educator, I always do my best to balance it out for my readers and students. We don't need every superfood in the store, but we might want a few. They key is to do your research, understand the properties of what these foods can do for us and choose the ones that will most benefit us individually. Here are a few of my favourites:

Maca: The buzz – This superfood is also known as Peruvian ginseng and is typically found in powdered form, though it comes from a root. Its benefits are vast and it has been found to help balance hormones, enhance libido and boost stamina. This herb is known to be an adaptogen, meaning it helps us adapt to what is going on in our environment and better manage stress. In this way, it may be viewed as supportive of overall health. With its malted, almost carmel-like flavour, many people enjoy it as a super-powered addition to various meals and snacks. Tips for using: Add ½ tsp. to a smoothie, sprinkle some onto your oatmeal or add a dash to a brewed tea.

Spirulina: The buzz – With its glowing deep green hue and finely powdered consistency, this algae is a fabulous food to help boost energy and fuel your cells. Its health benefits are tremendous as it contains a hefty spectrum of 10 mixed carotenoids giving us maximum antioxidant protection. Spirulina is also comprised of 60% highly usable vegetable protein and GLA, an essential fatty acid. Tips for using: Start out with ¼ tsp., add to smoothies, stir into oatmeal or yogurt.

Hemp hearts: The buzz – In appearance, these are roughly similar to sesame seeds except for some green colouring that is bursting with detoxifying chlorophyll content. They taste nutty and pair well with both sweet and savoury foods. Hemp hearts are powerhouses when it comes to essential fatty acids. These healthy fats boost our immune systems, ward off cardiovascular disease and give our brain function a boost. Hemp hearts are also a great source of plant-based protein as they contain all the essential amino acids and are very easily digested. Tips for using: Sprinkle on salads, throw into trail mix or use as a topper for hot and cold cereals.

Miso: The buzz – This salty-tasting, mineral-rich super food comes in paste form and is the result of fermenting soybeans along with a yeast. The bacteria used in the fermentation process synthesize vitamin B12 and, therefore, the resulting paste is a great source of this nutrient. It is also rich in protein as well as the minerals zinc, manganese and copper. Miso holds probiotic prowess as a result of being fermented and this helps keep our good gut bacteria thriving and digestive systems happy. Tips for using: A little bit goes a long way, as miso is very salty. Stir a few teaspoons into already boiled water for a quick satisfying soup. Add two teaspoons to an oil and vinegar salad dressing in place of salt for a Japanese-inspired flavouring.

Raw cacao: The buzz – Raw cacao comes from the bean of the cacao plant. It is most commonly found in powdered form although the beans can be purchased as well. It is extremely rich in antioxidants as well as many other nutrients. Raw cacao contains massive amounts of the mineral magnesium – essential for bone health – which is believed to be the most deficient nutrient among people consuming a standard westernized diet. This food also contains chemicals, which allow more serotonin to circulate within the brain. This helps to keep our moods *continued p.10...*

Iced Mocha Maca Magic

Prep time: 6 minutes Serves 1

2 cups water
10–15 organic coffee beans, ground or
1 tsp. ground organic coffee
2 Tbsp. raw cacao powder
1 Tbsp. Dandy Blend or preferred organic coffee substitute
2 Tbsp. hemp seeds
1 Tbsp. goji berries (optional)
2 tsp. maca powder
1 serving protein powder of choice
1 Tbsp. coconut oil or organic ghee
1 Tbsp. honey or maple syrup
1 cup ice cubes

Make it like so: Blend the water and coffee together and then pour it through a fine mesh sieve or coffee filter. Place the coffee-infused water and remaining ingredients in your blender and blend until smooth.

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Communicating with heart

The biggest communication problem is that we do not listen to understand. We listen to reply. – Unknown

"We just can't communicate!" is a phrase I often hear from couples and from teens that feel they just can't talk to their parents. Talking is something we all learn to do when we are still babies. Anyone can talk. However, to truly communicate with others can be a complex skill we need to develop.

There are also many levels to communication. It is not just about the words we say. *How* we communicate with someone can either convey value, respect and care or that we disrespect or negate them. Often, the other is responding to the emotional message they perceive.

Couples or parent/child relationships can be loaded with emotional issues that can be triggered when differences arise. An argument about whether the husband can go golfing may, on a deeper level, reflect her feeling that she is not a priority and his feeling that she is always trying to control him. A parent/teen argument about cleaning a room may escalate because the teen feels he is always being nagged and the parent feel disrespected.

Now add to the mix past or even childhood issues that may be playing in the background – "My father was never around and now you never want to spend time with me" – and communication can become a real minefield.

If we want to change negative patterns of communication, we have to do things differently. It is important to form an intention and share it with the other. You might suggest that, since there is a difference of opinion, each has a turn *without interruption* to express their point of view. And the listener should really try to understand where the other is coming from rather than formulating their response.

Too often, an issue becomes a power struggle where each tries to either defend themselves or make the other wrong. Things just escalate, nothing gets resolved and there is further damage to the relationship.

Sometimes a person feels that good communication means you agree with them and they get their way. However, the communication part is about each person listening and truly understanding what the other is saying, a process which may actually amplify the differences.

There are two parts to effectively communicating about an issue: the first is gaining understanding. The second part is problem solving. When there is conflict, often the people never even get to this point.

It is important to have the conversation about strategies to use when there is an issue or disagreement and then to follow the plan – first, communicating your perspective then joining together to brainstorm solutions. This is what helps to really strengthen relationships. When we take this approach, we are working as a team, not being adversaries.

It is about focusing on the issue at hand, not attacking the other personally and coming to the situation with a gentle and open heart. If we commit to making the relationship more important than the issue, we will guard that relationship more carefully. It is easy to forget this if things get heated and to only focus on oneself and to attack the other. But long after the issue is over, the pain of the attack may remain as a scar on the relationship.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, "Deep Powerful Change" hypnosis CDs and "Creating Effective Relationships" series, visit www.gwen.ca

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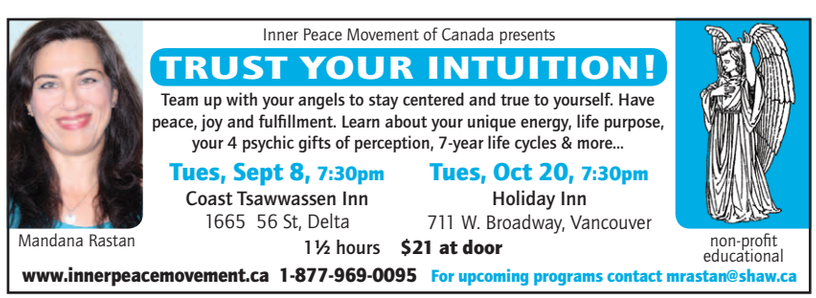
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Fractured Land
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What would it be like to live alongside one of the shapers of human events, in their youth, before they transformed history? Meet Caleb Behn, a young Dene lawyer who may become one of this generation's great leaders. Filmmakers Fiona Rayher and Damien Gillis have been following Caleb for four years, through law school, sharing knowledge with other Indigenous peoples, speaking to larger and larger audiences, dealing with deep community divisions, and building a movement.

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...**Superfoods** *from p.7*

elevated and lively. Tips for using: Mix with boiled water/milk and honey for a raw hot chocolate treat, blend into smoothies for a richer flavour or try the recipe noted in this article.

> Many superfoods might be growing in our own backyards – kale, garlic, onions, blueberries and raspberries.

You can incorporate superfoods into virtually any dish, once you get to know their taste and texture. The recipe shown for Iced Mocha Maca Magic from *The UnDiet Cookbook* is a game changer. Forget the caffeine-packed, dehydrating cup of joe or those horrifically calorie-excessive, chemicalized iced coffee drinks from the chain stores. This ice-cold bevvy provides all the flavour of coffee plus protein and superfood power to make your cells do the running-man.

Meghan Telpner is a nutritionist and bestselling author of **UnDiet: Eat Your Way to Vibrant Health**. Her follow up, **The UnDiet Cookbook**, is due out in October. She is the founder and director of The Academy of Culinary Nutrition. More at MeghanTelpner.com

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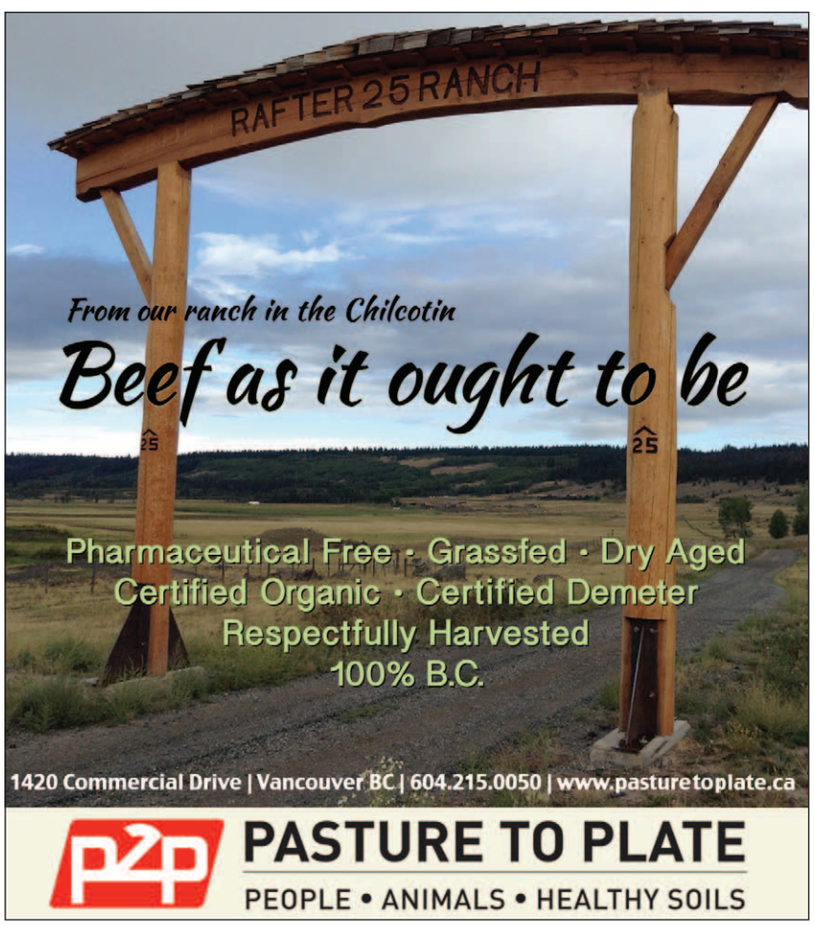
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The hidden ingredient in engineered food

by Dr. Thierry Vrain

photo © Rene Van Den Berg

In the most recent poll I have seen, the US television network MSNBC surveyed people in the US, asking them if they wanted to know what was in their food and if they would support a legislated mandatory food labelling policy. Ninety-three out of 100 people (93%) expressed their concern and distrust of the food supply by voting yes. I have seen many surveys like this over the last 10 years and people have consistently expressed their concern and anxiety about GMOs while the industry and its governmental regulatory agencies in Canada and the US laugh it up because they have "science" on their side.

The secret – what is not being discussed in the open – is that almost all engineered food crops and a good number of non-engineered food crops are routinely sprayed with a powerful antibiotic – glyphosate – that doubles as a popular herbicide. There is so much of it in bread and all processed foods that contain cereals, soy, corn, canola oil and sugar that, in 2013, the EPA had to raise the legal residue levels in all food and feed crops. And, of course, Health Canada follows their guidelines for MRL (Maximum Residue Limits). For example, soy can now contain 20 parts per million (ppm) and cereals (wheat, oat, barley) can contain 30 ppm. If you were a bread eater – someone who gulps half a loaf every day – imagine what your intake of glyphosate would be. And imagine the residues in dairy and meat products when animal feed can legally contain up to 100 ppm.

There are many areas in the US and Canada where RoundUp® Ready crops are grown and where 75% of water and air samples contains traces of glyphosate. The EPA's MRL for glyphosate in drinking water is below 0.7 ppm. Above that, the EPA warns you will become severely ill, quickly. The MRL in Europe is considerably less.

All this doesn't tell you much until you learn that one part per million is antibiotic to most bacteria – glyphosate is actually a powerful antibiotic that has been masquerading as an herbicide for over 40 years – and that we all have a hugely diverse community of bacteria in our lower intestine, now commonly referred to as the Microbiome. When I was a kid, my mother used to call it the intestinal flora and somehow it was part of good health, but we did not know how important it actually is. We all have 100 trillion bacteria inside – with the same weight as our brain – that basically direct the show. All those autonomic functions – heart, lungs, digestive system – seem to work well without us having much to do with it. It is becoming obvious that the biochemical language of the Microbiome to each of our major organs is required for proper function.

The diversity of the Microbiome is essential to the health of many organs and particularly sensitive are the brain, the immune system, and, of course, the digestive tract. So when you eat everyday foods containing more than 1 ppm of glyphosate – the level where it kills all bacteria in the lab – you should logically expect antibiotic damage to the Microbiome. Consequences can include celiac, Crohn's, allergies, asthma and many other immune deficiency symptoms such as Alzheimer's, dementia, autism and eventually all manners of cancer. And that's just for humans. We know that fish, frogs, rats and pigs become ill and promptly die. You can easily Google the published and peer-reviewed studies that support every word *continued p.30...*

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Debunking the soy scare

Soy has been the focus of considerable controversy. The roots lie in good and bad science and in the fact that soy poses a threat to the animal products industry. As many shift towards plant foods, interest in soy arises, in part for its top-quality protein. Research also establishes its protection against cardiovascular disease and hormone-related cancers (prostate and breast).

Reliable science on soy

Soy's components – isoflavones – can have the following effects:

1. In people with hypothyroidism – and/or who are iodine deficient – soy can affect the thyroid gland. These individuals should limit soy intake until the problem is corrected. Solutions can involve adjusting the dosage of thyroid hormone for those with hypothyroidism and consuming adequate iodine – from a little iodized salt, supplement or sea vegetables – to avert deficiency.

2. Isoflavones can bind to some, not all, of our estrogen receptors. While a decade ago, soy raised theoretical concerns, it has since been established isoflavones don't mimic estrogen's potentially damaging effects – just the beneficial ones. Moderate consumption – one or two servings per day – *protects* against breast cancer. This protection may be linked especially to childhood soy consumption. For those who have had breast cancer, soy can *reduce* the risk of recurrence and death. Soy may also reduce hot flashes and wrinkles.

For men, there's compelling evidence that one or two servings daily of tofu, soy milk, edamame, or tempeh can reduce the risk of prostate cancer and lower LDL cholesterol. Studies show men who regularly consume soy foods have a 26% reduced risk of prostate cancer.

The misapplied science

Research has been misunderstood or inappropriately generalized. For instance, two men who regularly consumed 12 or more servings of soy daily – one drank three quarts of soymilk a day – eventually developed health problems, such as enlarged breast tissue and loss of libido. In both cases, when intake was reduced, their health and libido reverted to normal. Yet these cases were distorted, sensationalized and led to fears among men. Focusing one's entire diet on *any* item will undermine health and such imbalance leads to nutrient shortages. These cases shouldn't be construed to show that moderate intakes of soy are unsuitable for men. Soy shouldn't crowd out other health-supportive plant foods.

Other anti-soy propaganda – typically originating from competing industries – was based on studies using rats or parrots as subjects, both of which are unsuited to diets of raw soy. We humans shouldn't eat raw soybeans either. However, we thrive on several daily servings of organic – in Canada, that also means GMO-free – soy foods, prepared in traditional ways.

Soy's various forms

Different forms provide various advantages. Tofu and soy milk have proven nutritional features and health benefits, established over centuries of use across Asia. The soaking and cooking during preparation of soy milk and tofu improve mineral availability. Tempeh's fermentation process further supports mineral absorption. Edamame – young, whole soybeans – can be eaten from the shell after steaming. For those who want to impress their meat-loving friends and family, amazing products can be made with soy protein isolate, which is highly rated in terms of protein quality and suited to various dietary preferences or occasions. Choose organic and GMO-free products as much as possible. Like a raw chicken breast, tofu may not be appealing, but when prepared well, it's delicious. Google soy recipes and see *Cooking Vegetarian* by Melina and Forest (available through bookstores and libraries).

Vesanto Melina is a registered dietitian and award-winning author based in Langley.
604-882-6782, www.nutrispeak.com, www.becomingvegan.ca

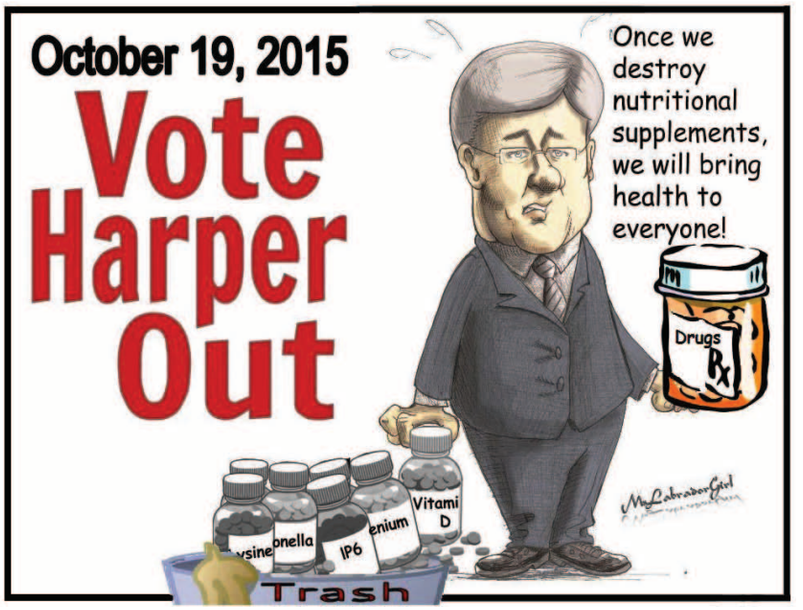
Vote for health freedom

Our government tells us it is allowing supplements that have been proven to be safe and effective when, in reality, it is selectively blocking the most effective supplements, i.e. those with a marked therapeutic value that directly compete against pharmaceuticals.

Health Canada's latest moves are to limit the amount of selenium allowed in supplements and to place L-lysine on a list that would require stringent toxicological testing. While selenium is an important anti-cancer nutrient, L-lysine is helpful for cold sores and shingles and competes effectively against Merck's shingles vaccine at a fraction of the cost.

Slowly but surely "Health" Canada is acting to limit our health options! We must focus on removing the Harper government if we cherish our natural healthcare freedoms. Consider donating to the Constitutional Challenge being brought against Health Canada by high profile constitutional lawyer Rocco Galati. Find out more at www.cnpa.ca, which redirects to the CNPA Facebook page.

We are in this together! Canadian Natural Products Alliance (CNPA) is a grassroots organization made up of natural health practitioners, manufacturers, retailers and responsible health conscious Canadians who are dedicated to preserving their healthcare freedoms in Canada.



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Your body your ecosystem

Alternative medicine offers an holistic approach

by Kristin McCahon

photo © lqoncept

When we visit our doctor with problematic symptoms, the physician will often write us a prescription or sometimes suggest surgery or a particular therapy. This isn't to say the doctor hasn't diagnosed the underlying problem. Physicians know perfectly well that back pain can indicate a tumour and limb numbness can be a sign of ALS or MS.

Once a diagnosis has been reached, most doctors will follow a standard course of treatment determined to be the most effective for that condition. It will be based on clinical trials and observations of people with the same diagnosis and set of symptoms. There may be some adjustment to the treatment regimen depending on the seriousness of the symptoms or the stage of the disease, but the treatment is still, more or less, one-size-fits-all.

> Scientists have begun to study the role of the microbiome and its influence on the immune system. Their research is proving that this collection of bacteria...is associated with many of the chronic illnesses we wrestle with.

Unfortunately, particularly as we age, the acute care model is not always successful at treating chronic illnesses because these diseases are complicated, deep-rooted and many faceted.

The search for treatment solutions and the deep-seated desire to return to good health has led many people to try TCM (traditional Chinese medicine). TCM has the advantage of having thousands of years of experimentation and knowledge behind it. It is also appealing because its practitioners try to determine why the illness has surfaced at all so it begins to provide answers to some of the "Why me? Why now?" questions we all have. TCM is also attractive because the treatments are often not pharmaceutical; they may involve a mix of selected herbal therapies, acupuncture, massage and meditation.

While TCM offers symptom relief for many people, we are also left wondering how scientific it is and if it really works. A possible answer lies in an emerging field of study: the microbiome – the name for the vast colonies of microbes that live in the human body. Scientists have begun to study the role of the microbiome and its influence in the immune system. Their research is proving that this collection of bacteria, which outnumber our own human cells at a ratio of 10 to 1, is associated with many of the chronic illnesses we wrestle with, including obesity, heart disease, diabetes, asthma and some cancers. According to the American Microbiome Institute (www.microbiomeinstitute.org), research has shown a "direct relationship between diet and the abundance of certain gut microbial communities" and "some scientists speculate that the gut microbiome may cause cravings for certain foods and influence dietary choices." Their findings go some way in explaining why some of the herbal therapies that TCM prescribes appear to be effective.

Another approach to chronic illness may also find its mechanism within the microbiome. With its focus on nutrition, functional medicine is a relatively new medical methodology that holds allure for those seeking science-based medicine that is also holistic. Dr. Jeffrey Bland, founder of the Institute for Functional Medicine has pioneered this approach in the US. Functional Medicine does not simply take the "lifestyle" approach common to some alternative therapies. It looks for the underlying cause of illness. It is rooted in science and, as Catherine Guthrie notes in her comprehensive article, "Functional Medicine: A Science Whose Time has Come," considers

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If you find these approaches to health and wellness exciting, you can learn more about them at a free public colloquium in Vancouver on September 26 as part of the Dr. Rogers Prize. The $250,000 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine is awarded every two years to celebrate the achievements of researchers, practitioners and others in the field of complementary and alternative (CAM) health care.

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the patient's "biochemistry, physiology, genetics and environmental exposures… when looking for the cause of a specific medical issue or set of symptoms."

Before treatment begins, the practitioner spends a long time with each patient, trying to determine the exact cause of their symptoms. The practitioner will ask detailed questions about diet, previous illnesses – including those from childhood – lifestyle and anything that might be causing stress. The practitioner may also order tests – standard and more specialized lab tests – and do a physical exam.

In an episode of *House Call: Finding the Cure for Chronic Disease,* Dr. Mark Hyman explains it this way: when a patient goes to the doctor and complains of tiredness, poor concentration, lack of energy and the inability to care much about the outside world, they are often diagnosed with depression. But that is just the name for a cluster of symptoms. There are a whole host of disparate, underlying problems that can create the cluster of symptoms called depression.

Though each of these underlying causes should be treated differently, it is common medical practice to treat the symptoms with a standard treatment protocol. In his book, *The Disease Delusion*, Dr. Bland notes, "The diseases and conditions we call chronic derive from a variety of causes… and because the drugs for the illnesses treat only the dominant symptoms… you don't really get over a chronic illness… Instead, it either persists or recurs; in fact, it actually gets worse over time." "Pelting" the symptoms with different drugs, as Dr. Bland puts it, won't fix the underlying problem.

This is where the functional medicine approach comes in. The treatment regimen will usually involve making changes to the patient's lifestyle and can include a combination of traditional pharmaceuticals and vitamins, along with complementary, supportive therapies, such as stress reduction techniques, exercise and a special diet. Functional medicine treats the body like an ecosystem; it looks for the root causes of health problems and doesn't just focus on the symptoms. It then works to address those underlying causes and thus create in each patient a healthy system.

Kristin McCahon holds an MA from the University of British Columbia. She is a freelance writer with a long-standing interest in health and the causes of disease.

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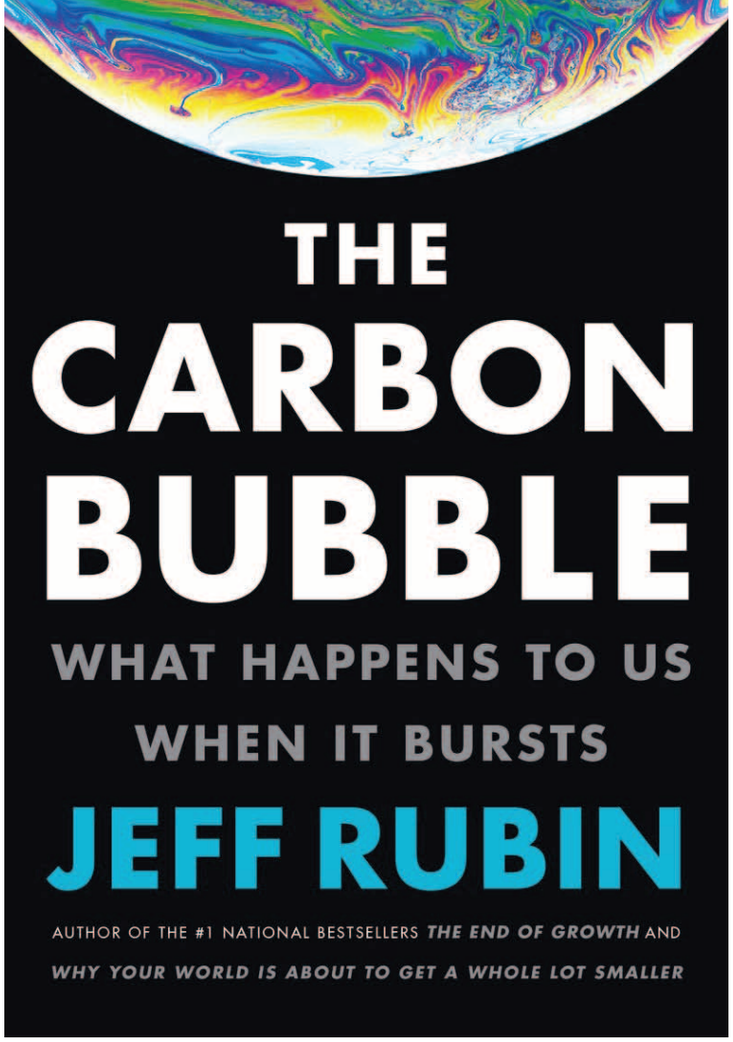
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JEFF RUBIN
AUTHOR OF THE #1 NATIONAL BESTSELLERS THE END OF GROWTH AND
WHY YOUR WORLD IS ABOUT TO GET A WHOLE LOT SMALLER

If you want to know a thing or two about bubbles, just ask a kid. At some point or other, many of them have mixed dishwashing liquid with water and hit the backyard running, with a small plastic wand. The result can seem a little like magic: weightless, ephemeral balls floating on the breeze.

What any kid will tell you, though, is that bubbles aren't built to last. As they float ever higher in the sunlight, they inevitably pop. In a flash – poof! – they are gone.

Canada's carbon bubble, like its backyard cousin, is popping. For nearly a decade, the country has been chasing Prime Minister Stephen Harper's dream of becoming an energy superpower. It's a dream the Conservative leader laid out shortly after assuming office in 2006. At the time, it seemed a solid-enough plan: the world needed oil to power economic growth and Canada had oil, in spades. And for a while at least, it seemed to work. The oil sands – the Harper government's anointed engine for the country's economic growth – ramped up production. Oil prices rose to unprecedented triple-digit highs and took the Canadian dollar along for the ride. Investment dollars poured into the oil sands, oil royalties poured into the Alberta Treasury, and Fort McMurray became a 21st-century boomtown. On the surface, everything seemed to be coming up roses.

But from today's vantage point – with world oil prices dropping to levels not seen since the Great Recession and demand for the fuel softening even in traditionally solid markets – it's clear that the journey to realizing Harper's vision wasn't destined to be all smooth sailing and fair weather. The country's master economic plan was predicated on some key assumptions: that oil prices would inexorably move higher; that our neighbour and the world's largest oil-consuming nation, the United States, would continue to have an insatiable appetite for our high-cost fuel; that the economy of the world's second-highest oil-consuming country, China, would grow indefinitely at double-digit rates, single-handedly driving world demand for oil as it had once done for coal; and that emissions from the extraction and processing of bitumen, one of the dirtiest carbon fuels on the planet, would not count in the face of the world's laissez-faire pursuit of growth.

Since 2006, one after the other, each of these assumptions has fallen by the wayside, and Canada's oversized oil industry – and its whole oil-driven economy – is paying the price. As the carbon bubble bursts, billions of dollars of investment and government royalties, not to mention thousands of jobs, are vanishing just as quickly as that iridescent sphere that once floated even higher in the sunlight. Poof!

Financial bubbles are, of course, nothing new. They have been a recurrent theme throughout modern history.

> You reside in a country whose government has not only been wilfully turning a blind eye to the problem but has also been building the country's economic future on a foundation of high-cost, emissions-intensive heavy oil – a foundation that can't possibly hold as climate change forces us to move away from our unhealthy reliance on fossil fuels.

While they've taken different forms over the centuries, at their core, they are essentially the same.

In the 1600s, Holland's upper classes went berserk for an unusual status symbol: tulip bulbs. By 1636, the bulbs were trading on the stock exchanges of many Dutch towns and cities, encouraging everyone to speculate. At the height of the craze, the rarest bulbs commanded as much as six times an average person's salary. Ten years later, prices dropped and a massive sell-off began, leaving many people in financial ruin.

In 1711, the South Sea Company presented the British government with an IOU for £10,000,000 in exchange for the rights to handle all trade with South America. Investors swarmed, paying as much as £1,000 per share. Nine years later, those shares were worth nothing. South America remained firmly under Spanish control and the British trade rights for the region were worthless.

More recently, the world witnessed the greatest financial meltdown of the postwar era when securities financed by subprime mortgages given to unsuitable borrowers crashed as delinquent payments triggered a collapse in US housing prices. The mortgage-backed securities, which had been assigned the highest rating by credit rating agencies, were widely held by financial institutions around the world, many of which failed or required massive, publicly funded bailouts.

All of these bubbles had something in common: like Canada's current "energy superpower" dream, they were built on false premises. People just weren't going to continue sinking years' worth of earnings into a status symbol that bloomed for two weeks and then went into hibernation. They weren't going to keep pouring money into a company whose British charter to control trade was meaningless in a Spanish- ruled region of the world. And US real estate values simply weren't going to climb forever, particularly when insolvent homeowners financed by subprime mortgages mailed in their keys and just walked away from their payments. In all of these cases, a correction was bound to occur, and occur it did, with horrific repercussions for those who failed to see the writing on the wall.

And now it's our turn. No sooner have we turned the page on the subprime mortgage bubble than we find ourselves facing what could be an even more daunting one. While Canada escaped relatively unscathed from last decade's Wall Street–centred crisis, it won't be so lucky this time around. The country's oil sands–leveraged economy is at the epicentre of the bursting global carbon bubble. No oil industry in the world is more vulnerable to plunging prices than the oil sands, home to one of the planet's most costly and emissions-intensive oils. In today's convulsive oil market, where record-sized boom-bust price swings have become the norm, those high costs leave the oil sands' future very much in doubt – and the Canadian economy suddenly in need of a new engine for its growth.

This, then, is the fallout of chasing Harper's dream. Finally, we look to the future. How can you, as an investor, manage the turbulent times that a bursting carbon bubble brings and how can the Canadian economy

weather the storm? While slower growth and a warming climate may indeed sound the death knell for what until now has been seen as the country's most valuable economic asset, the latter, at least, could offer more than a silver lining or two.

As a high-latitude country, Canada's climate will change more than most, and as it does, new economic opportunities will emerge. In fact, the climate change that the Harper government has been so fervently trying to deny may present far greater economic opportunities for Canada in a carbon-constrained future than we ever had in our oil-soaked past. In seizing these opportunities, we will soon come to realize that oil is not our most valuable resource after all. That title will soon belong to something Canadians often take for granted, but that others – like residents of, say, California – no doubt wish was a little more abundant in their neck of the woods. Water, it turns out, is about to become a whole lot more valuable and important to our economy than it's ever been before.

Jeff Rubin
photo by Kathryn Hollinrake

Recently, one of this country's national newspapers dubbed the oil sands the "business story of the decade." But the headline told only half of the story. The rise of the oil sands is certainly one of the biggest business developments ever to grip the Canadian imagination. And why not? Enormous expansion, huge numbers of jobs, a steady stream of revenue – it's compelling, to be sure. Today's newspaper headlines, however, are telling the other half of that story – the fall. And this part reads very differently. Instead of stories of massive expansion connected to gleaming new pipelines, we're reading of extensive layoffs, abandoned projects and scaled-back operations. As the world turns away from high-cost fuel and carbon emissions, the oil sands' imprint on both the landscape and the economy is going to get a lot smaller.

Water, it turns out, is about to become a whole lot more valuable and important to our economy than it's ever been before.

It may seem hard to imagine a future beyond the carbon bubble – when the economy and the country's ambitions are no longer all about oil. But you're about to discover that this future is closer than you think.

Making your way through a conversation about climate change, fossil fuels and the economy can be a bit like navigating the tricky terrain of J.R.R. Tolkien's Middle Earth. The landscape is rocky, there are fire-breathing dragons at every turn and you'd better be on the alert for enchantments that can make the truth seem like fiction, and vice versa. Partway through, you find yourself wanting nothing more than a map marked with a big red dot and three familiar, comforting words: you are here.

As any traveller can tell you, knowing where you are is important – in Middle Earth or anywhere else. If you don't know where you're starting from, how can you figure out where you're going? How can you avoid getting stuck in the no man's land between Bag End and Mordor? Or, more to my point, between a carbon-shrouded past and a renewables-fuelled future?

So where are we? The answer to that question, unfortunately, is "in a bit of a mess." For decades now, we've looked the other way as global temperatures and sea levels have risen, as the ice caps have shrunk and as greenhouse gas emissions have grown unchecked. Despite mounting evidence to the contrary, we've chosen to believe that we can go on living the way we've always done. We can't. Our past choices are catching up with us, quickly.

If you happen to call Canada home, things are bleaker still. You reside in a country whose government has not only been wilfully turning a blind eye to the problem but has also been building the country's economic future on a foundation of high-cost, emissions-intensive heavy oil – a foundation that can't possibly hold as climate change forces us to move away from our unhealthy reliance on fossil fuels.

This failure to truly see where we are, and to act accordingly, is going to have repercussions – for the economy as a whole, and for you. In order to avoid those repercussions, you first need to understand them. You need to know, in other words, where you are.

Excerpted from **The Carbon Bubble** by **Jeff Rubin**. © 2015 Jeff Rubin. Published by Random House Canada, a division of Random House of Canada Limited, Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved. [Editor's note: We encourage **Common Ground** readers to read this very important book.]

...***Cassels*** *from p.4*

late? Should we care that a company making widely used childhood vaccines also makes one of the most popular epinephrine injectors? Who funds research looking at possible links between drugs or vaccines and the rising numbers of allergy-affected kids?

These uncomfortable questions are sometimes bandied about in a rich internet-based world, on parent forums and discussion groups. Parents of children who could suffer anaphylactic reactions have a lot in common and they are adept at using social media to make the allergy-infested world safer for their kids. Like in other disease areas when the industry-supported patient groups put their own spokesparents and trolls on social media parent forums, they are deciding what is or isn't a legitimate discussion topic.

I've scrutinized the public relations world and Big Pharma for 20 years so I find it fairly simple to spot the 'astroturf activists' – the ones who are coached by a company's PR department and who use slick talking points and send out attack trolls to rebuke criticisms of the industry. Question Big Pharma's involvement, priorities or tactics on a Facebook allergy forum and you'll likely get bitten by a troll or even booted off the forum.

Another popular tactic is the care and feeding of the 'good mommies.' Google "Mylan's Food Allergy Blogger Summit" and you'll see the story of 13 well-behaved mommy activists sent to Disneyland on the Mylan payroll, openly declaring their thanks to the company paying for their astroturf adventure with Mickey Mouse.

There seems to be a revolving door between the drug industry and the food allergy charity world. For example, allergist and immunologist Dr. James Baker was appointed last year as the new CEO of FARE (Food Allergy Research Education), a large American industry food allergy charity. The former senior vice-president of Merck's Global Vaccine Division made his priorities clear when he took over the helm at FARE: "I'd like to make sure that we continue to work for access and, very importantly, for appropriate care for patients with food allergy." In other words, our priority is moving product. No sense in focusing on prevention.

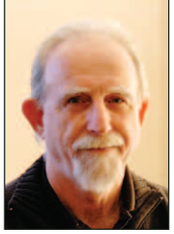
Chantelle Olsson is correct when she tells me "prevention is a four-letter word." And concerned that no one's taking prevention seriously, she adds, "The market for epinephrine injectors and allergy products is limitless and, unless we take action, we might easily see 50% of Canadian children with life-threatening food allergies within five years."

With such little energy devoted to learning what is causing the spike in allergies in the first place, and tons to be made in pumping out grossly inflated $120 auto-injectors of epinephrine – needing annual replacement – the prevention message seems to be a low priority. Especially when it's controlled by drug companies.

I've often written about the problems of conflicted patient groups – irritating people who contact me to defend their actions. I think most of these people are hard-working, dedicated volunteers working to make the world a safer place for their children. But, at the same time, they may be unable to see how their funders bias them and their priorities.

Many patient groups do honest, important, public-interest work without industry support. They may be poorer, but they can be authentic and able to avoid the massive delusions that come with being tools of industry.

Alan Cassels is a drug policy researcher at the University of Victoria. Read more of his writings at www.alancassels.com or follow him on twitter @akecassels



Mac McLaughlin

StarWise

September 2015

A TRUE phenomenon is upon us. The Golden Age has begun! It dawned on me the other day that something very unique has taken place. In the thirteenth century, Kabir and Guru Nanak came along – both proponents of Sant Mat or the Path of the Masters. It is not known how many they initiated or how many souls were connected to the godly way within the succession of gurus since that time. But we do know things began to change in the 20th century, especially when Baba Sawan Singh Ji Maharaj came along and initiated 100,000 souls into the mysteries of the beyond. His successor Param Sant Kirpal Singh Ji Maharaj initiated 89,000 souls, Sant Darshan Singh Ji Mahraj initiated 86,000 and the present day living Master Sant Rajinder Singh Ji Maharaj has initiated 740,000 souls so far. That is close to one million initiates these Godmen have put on the way.

These one million souls are not Masters, but they could potentially become Masters in the future. As my beloved brother Arran Stephens says, "In order to become a Master, one has to become a perfect disciple first." Imagine one million people living in a godly, loving way, loving one another and revering all of life. Like a sweet perfume, it radiates outward and affects everyone.

It has been said that, at the beginning of a new age, there is calamity and upset throughout the land. Well, we certainly have that. What we need is a change of heart among all nations and all people. We need a spirit of cooperation and compassion rather than a sense of dread and paranoia. In the Sant Mat literature, there is a term called Sadachar. It translates as living in a godly way in thought, word and deed. Feel the love, become part of it and contribute however you can each day and bye the bye, things will change for the better. Love is the only commodity that increases when given out; all other forms of giving lead to depletion. All those initiated souls I mentioned have the potential to come back to Earth and each one of them may very well help humanity in finding its goal of living in the Golden Age. It starts with you, right now. Star Wise, we have Neptune moving through Pisces, while lord of Pisces, Jupiter, casts his glance from across the zodiac into Pisces bringing great opportunities for enlightenment and advancement. Lay down your fear and your sword and give some love.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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ARIES Mar 21 - Apr 19
You are the first born of the zodiac and while the Sun moves through Virgo, you have the opportunity to serve and help humanity however you can. Aries is the initial spark that ignites the fire and illuminates the pathway ahead. It truly is a pioneering time in which you can blaze a new pathway.

TAURUS Apr 20 - May 21
Home, family and real estate are major features now. Creative energy is high. Romance is in the picture too. The aforementioned topics are earthly considerations; it's time to nurture your spirit. Earthly possessions cannot accompany you into the beyond. You will have to leave them behind someday. What does accompany you is spiritual devotion.

GEMINI May 22 - Jun 20
While lord Mercury moves through Libra all month, you can expect a plethora of ideas to flood your consciousness. Creativity reaches a peak and the name of the game is to not get too lost in the whirlwind of ideas and possibilities. You may be in the mood to make some very big changes.

CANCER Jun 21 - Jul 22
A word we don't usually associate with Cancer is intrepid, which means fearless. I've known many Cancer types that have displayed this intrepid quality. Be brave and make some moves towards your goals and objectives. Creative/artist energy is very high now. Ask and you shall be given; seek and you shall find.

LEO Jul 23 - Aug 22
Venus and Mars – the planets of love and desire – hold hands as they move through the middle of Leo. A Leo lady recently proclaimed she went to a wedding and everybody loved her and wanted to be near her. Acts of bravery and heroism could occur and cupid's arrow may find its target.

VIRGO Aug 23 - Sep 22
Strangely, Virgo possesses similar qualities assigned to Leo. Both signs have a love of the grand and will go all-out in creating something wonderful or beautiful. Leo needs the attention and acknowledgement, whereas Virgo is more comfortable out of the spotlight. Well, Virgo, the cosmic spotlight is on you now and you can truly fly high.

LIBRA Sep 23 - Oct 22
You're known for you scintillating intellect, brilliance and ability to bring people together in unity and harmony. Now a time has arrived in which you can display some of that brainpower and magic that you possess. Mid-month, it's probable you will be re-evaluating your overall plans.

SCORPIO Oct 23 - Nov 21
Finally, to your relief, on September 17 the grim taskmaster Saturn leaves your sign. Lessons learned, wisdom gained and now you can move forward once again. New doors are opening and opportunities developing, especially in the career sector. Your confidence increases as will your circle of friends and connections. Gird your loins and head out.

SAGITTARIUS Nov 22 - Dec 21
Travel and career sectors are hot, which is music to Sagittarius ears. It may not be all sweet music, though, as you may be casting about and seeking to better your situation. You may feel tired or bored with the status quo. Clashes with the higher-ups could be the case. Changes are in the wind.

CAPRICORN Dec 22 - Jan 19
Dealing with publishers and editors, along with considerations regarding law, could be the case this month and onwards. Joint monies, inheritances and all that those topics entail may dominate your thoughts this month. In many ways, it is a transitional time for Capricorn and you may be in the midst of some personal changes now.

AQUARIUS Jan 20 - Feb 19
Bells are ringing. It may be time now to partner-up or join-up. Joint monies and investments loom strong on the horizon. Inheritances may also figure into the picture. Long distance communications and all kinds of negotiations may be experienced. Because of the situation, you may have to rethink the plan again and again.

PISCES Feb 20 - Mar 20
Do what you do best now, which is to reach into the cosmos and intuit or dream up a plan regarding how you want to go. You are in a special window of opportunity and you should pay attention to what your inner voice is saying now. It is speaking rather loudly and clearly.

Bill Henderson plays on

Taking back the country – with song

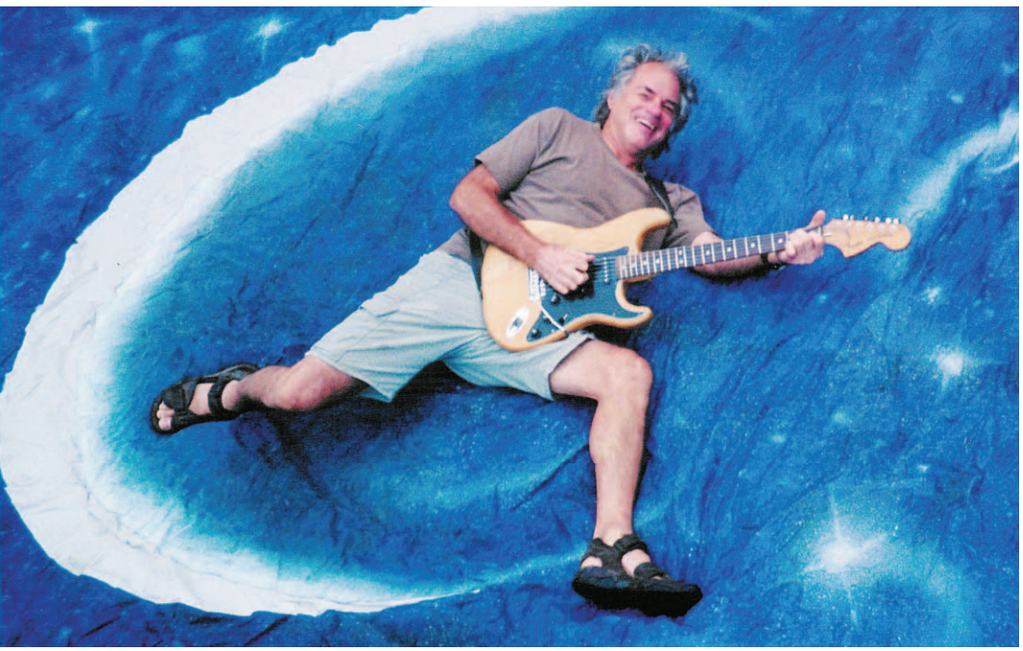

Photo by May Henderson.

Bill Henderson has placed his fingers on Canada's pulse, felt the heartbeat and found its voice. With his song, *Take Back This Land*, which he co-wrote with his wife May, he has struck a deep, but somewhat dormant, nerve and a chord that runs coast to coast.

As we ramp up to one of the longest, costliest, most complicated and significant elections in our country's history, the song has gone viral. It is also being cited as the "2015 election anthem," "earworm" and "rallying cry to vote." Listen at https://youtu.be/S5sgOWXsiLU

Speaking with *Common Ground* about the song's inspiration and evolution, he explained, "I feel like Canada wrote it and it belongs to the country… I kept hearing people say, 'We've got to take back this country.' It's in the air, everywhere. Canadians want their democracy back, freedom of speech, learning to work together, our positive role in the world – the heart and soul of this country that's been dismantled in a decade of radical conservatism.

"The melody began to emerge and fall into place over a few months. May also understood what the song was trying to be and kept it from becoming too aggressive. I didn't want to write yet another angry song and point fingers, but instead wanted to wake people up, to remember what this country was and can be again, something to sing with pride, be comfortable with, no matter who they may be voting for. And that's the key message: vote! It's our opportunity to 'take back this county' We can do it."

He also shared with *Common Ground* some thoughts expressed by a couple of well-known fellow Salt Spring Island residents. Veteran singer-songwriter Valdy said, "Bad governments are elected by people who don't vote." And his MP, Green Party leader Elizabeth May, noted, "Democracy is too important to be left to the politicians."

Henderson is front-man and principal songwriter for the band Chilliwack, who were according to *Rolling Stone*, "at their best, the finest Canadian rock band…" The group created some of the most enduring songs of the 70s and early 80s and released 11 albums – four went platinum – and 19 Canadian singles. See www.gonegonegone.com He has also earned music awards, too numerous to list here.

"Over the years I've learned how to find and write hooks and a catchy hit song and I wanted to use my chops to help further a worthwhile cause, raising awareness that we have to re-learn how to work together, especially in the House of Commons," Henderson notes.

The day after Stephen Harper dropped the election writ, Henderson responded by "leaking" a live, acoustic version of the song on YouTube. "I hope it goes far and wide and buskers and rock stars play the song and toddlers and grandparents sing it and dance it," he wrote, encouraging everyone to "Sing it out!!!"

He then got Chilliwack together with legendary producer Bob Rock *continued p.21…*

Harper faces the music

Steven Harper has been very good to Canadian music and songwriting. It wasn't deliberate although the PM is well aware and uses the power of music to manipulate very effectively. During the culture war he sparked during the 2008 election, he rationalized the $45-million in funding cuts to the arts by saying, "Ordinary people don't care about funding the arts." He is wrong and the proof is in the pudding; an inestimable number of citizens are currently sharing a whole lot of homemade, anti-Harper compositions on social media. And they keep pouring in.

One song that has made a big splash in corporate media, with waves that continue to ripple across Canada, is *Harperman*, written by Environment Canada scientist Tony Turner, who is also a well-known Ottawa folksinger. A public servant for 19 years, Turner was placed on leave – 30 days away from retirement – pending an ethics investigation for the song. As a result, *Harperman* trended on Twitter and is attracting tens of thousands of plays on YouTube, with more versions being posted and a sing-along planned for a massive anti-Harper rally on Parliament Hill on September 17. The chorus ends with "Harperman, it's time for you to go." See http://harperman.ca

The Winnipeg chapter of the Council of Canadians listed the top five anti-Harper compositions, stating, "Famous for butchering Beatles tunes and destroying Canada, Stephen Harper has also inspired many others to make music. From prorogations to omnibus bills, this Prime Minister's list of wrongdoings has been a vast pit of inspiration for creative Canadians. As Harper's popularity drops, his critics are ramping up the revolt leading to the next federal election." And that's just the tip of one rare iceberg that's growing as fast as most are melting. (See canadianswinnipeg.org Click on Blog and type in Stephen Harper Protest Songs in the search bar.)

On the B-side is the PM's own music complete with video. (Go to www.aux.tv Click on the search icon on the top right. Type in Rock Covers Stephen Harper Has Ruined.)

The PM garnered significant positive coverage by covering *With a Little Help From My Friends* alongside famed cellist Yo-Yo Ma and serenading his caucus and corporate media reporters, including his Israeli counterpart Benjamin Netanyahu. Carleton University lecturer John Higney explored our PM's use of music in his paper, *Mixing Pop and Politics: Stephen Harper's Musical Amateurism as Personal Branding.* Central to the appeal is what Higney calls a "feigned amateurism," obscuring the years of practice and patience for a public performance. "What you want to do is show you can demonstrate your knowledge – but don't overdo it. It speaks to the idea of humility." Higney explains how Harper short-circuits cynicism with emotion; there's nothing like a well-timed sing-along to manipulate voters when their guards are down. "There's something spectacular about it because politicians are often seen as somewhat stolid," Higney adds. "Music is a powerful emotional shorthand that gives him [Harper] the opportunity to present a kind of interior life, something of a spectacle, like a cat standing on its hind legs."

That aptly describes the ever-controlling Harper. Everything is strategy. But unwittingly, like Bob Dylan's "Mr. Jones" or John Lennon's "Nowhere Man," Steve doesn't really get it while 'ordinary people' delight in the inspired, healthy, anti-Harper musical legacy.

by Bruce Mason

Antony Holland 1920-2015 Acting our best

He was the oldest working actor in Canada, if not the world. Certainly, he was one of the busiest – at 95! – and probably the most passionate and endearing as well, both on-and off stage. Antony Holland's legacy is important. He is credited with creating the most successful theatre school in the country and pioneering the profound idea of casting prisoners in plays – in and out of their cellblocks. His films include scenes with Katherine Hepburn, Bette Davis, Warren Beatty and countless others. His legendary live performances are innumerable and inventive and his one-man shows, a revolutionary theatrical concept. Above all, they were lessons for living well.

As the *Globe and Mail* recently observed, Antony Holland's "insatiable lust for life – most especially the theatre life – kept him running full-speed for nearly a century." The tribute was re-published and shared widely around the world.

Antony once told me, "I am finding many more roles in my mid-80s; there is far less competition and I can assure you that I am getting very good at coughing a lot and dying on stage… Among other things, theatre provides an opportunity to hold out a mirror on the world for those who choose to look, and in some cases, lives have been changed mightily by the experience."

Antony Holland – who referred to me as his "unpaid publicist" – was a raconteur, *par excellence*, with more than nine decades of memorable stories, tucked way in a mind that could recall entire plays of his beloved Shakespeare, at will. In WWII, he was conscripted into Britain's Royal Corps of Signals and shipped off to fight in the Egyptian desert. For entertainment and to boost morale, he staged makeshift theatre on the troop ship and later at the famed, abandoned, Royal Opera House in Cairo. The hit show so impressed the brass and their wives that afterwards, backstage, he was promoted to sergeant – and eventually, a spy – and reassigned to tour North Africa, performing for tens of thousands of his fellow soldiers.

Returning to England, he landed a job as vice principal of Laurence Olivier's Bristol Old Vic Theatre School, inspiring young actors such as Daniel Day-Lewis and Jeremy Irons. His speciality was stage-fighting and he taught a legion of students to fence, including a grateful Gene Wilder.

Tired of an actor's hard life and hard knocks, he emigrated to Vancouver to indulge another passion – growing vegetables – and a dream of becoming a successful market gardener. Instead, he drove taxi in New Westminster, supplemented by gigs on CBC radio until a call came from the Haney Correctional Institution in Maple Ridge to establish a theatre program. "I created it because, as someone suggested, people put in prison should be rehabilitated," Holland noted. He recalled numerous award-winning shows starring reformed inmates from solitary confinement.

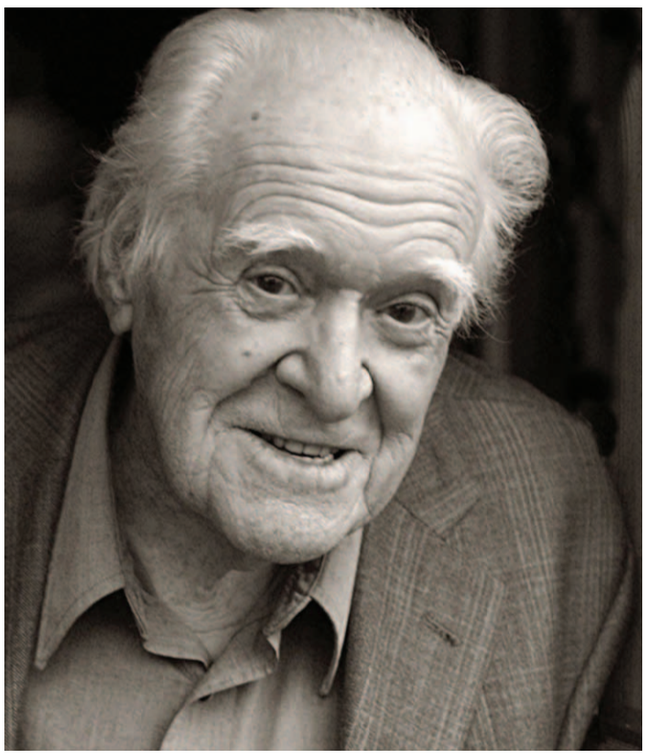

photo by Victor Anthony

In 1965, he turned his attention, obsession and expertise to founding another theatre program – the future Studio 58 at Langara College – as the city developed into a TV and movie hub. "I wanted to train actors to earn a living, not just read scripts or go on to university, including dance and musical courses and performances, lighting, costumes, publicity and cleaning up afterwards. And I hired theatre professionals as part-time instructors."

His successor Kathryn Shaw (1985) explained, "All his actors had to work backstage before they could work onstage and grads became known for being well-rounded theatre people, the ones who start companies." The founder and director of the highly successful Bard on the Beach, Christopher Gaze, adds, "At least 50% of our casts come from Studio 58 and we couldn't have achieved what we have without it." The school now receives hundreds of applications from across North America and, sadly, Holland will miss acting in the celebration of its 50th anniversary this month. In July of 2014, Holland was awarded Membership in the Order of Canada for his achievements as an actor and teacher and for founding Studio 58 to cultivate the next generation of Canadian performers.

"Care to purchase a pavlova?" Holland had enquired, pointing to a basket suspended on his arm at our first of many meetings, often to discuss *Common Ground*. Holland was selling wares fresh from the baker's oven he had installed back-stage to help finance the theatre revolution he was staging and waging, from his charming clapboard theatre in a forest on Gabriola Island. He called it "No Bells and Whistles."

"No need to rehearse endlessly or fuss with lights sound and costumes," he explained. "Theatres are trying to compete with the movies for God's sake – sit back, chat, eat your popcorn, don't really get involved. Costs are killing live theatre; no one can afford large casts. We must get back to the 'gist of the thing,' the language, good scripts. I've got hundreds upstairs for when I need them." And just as uncharacteristically, he promised the audiences, "Guaranteed to be wonderfully entertaining or your money back!"

He left us with definitive portrayals, such as Lear and Shylock and his award-winning, late-life triumph, *Tuesdays With Morrie*, a dramatization of Mitch Albom's bestselling memoir about the wisdom of a dying professor**.** Some worried that Holland, in his late 80s, lacked the stamina to sustain the rigorous schedule of the 2006 Arts Club production, but he thrived and it was held-over and taken on an extensive tour.

He always had good news to share, including this: "I've got a role – *National Lampoon's Thanksgiving Family Reunion*. My character suffers from flatulence, but I'm only required to make the gestures; the sounds will be added by the technical department, later. It could create a whole new audience for me: 10 to 14-year-olds who like that sort of thing."

Antony Holland wasn't granted his final wish: to die – literally – on-stage, but he was performing enthusiastically just days before his final exit in a Nanaimo hospital.

Celebration of Life for Antony Holland

Sunday, September 13, 3pm

Unity of Vancouver, 5840 Oak St.

Post photographs and share stories at

https://rememberingantonyholland.wordpress.com/

...*Taking back* from p.19

in Bryan Adam's studio and enlisted his daughters and granddaughter – Saffron, Camille and Ruby – to sing backup, producing the version viewed by thousands. The band performed it live for 100,000+ fired-up people at a Vancouver Fireworks show and now includes it in tours across the country. "I don't say much to introduce it and then watch as the audience looks around reluctantly before deciding the song is something they can really get into and get behind, before joining in. It's working."

When he was appointed as Member of the Order of Canada – our highest civilian honour – earlier this year, Henderson said it was "overwhelming." And the response from people who helped him earn the prestigious award made him "laugh and cry." It also made him pause and reflect on our country's long-standing, but endangered, values and what it really means to be Canadian. The O.C. was awarded, not only for his outstanding musical achievement, but also for his dedication to community and service to the nation, recognition of his contribution to songwriting as well as his work advocating copyright. Henderson has served as president of the Songwriters Association of Canada (SOCAN) and director of the Canadian Association of Recording Arts and Sciences (CARAS).

"I've spent many hours travelling back and forth to Ottawa, meeting with cabinet ministers, MPs and civil servants and representatives of the music industry. I came to the conclusion that authorship – like so many other things – is a human right," Henderson says.

By definition, *Take Back This Land* is grassroots, being broadcast by social media. Henderson has also produced a fully mastered audio version available for streaming and download at www.chilliwack.bandcamp.com He is teaching the song to the likes of the Raging Grannies and buskers and working with a dance/synth/hip-hop producer on a remix and a country artist on yet another version. Musicians from across Canada are recording their versions of the song to share, to be edited into a cross-country compilation.

All in all, *Take Back This Land* and myriad other songs in many music genres are providing healthy colour and creativity to the election. Complete lyrics and chords are posted at www.commonground.ca

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca

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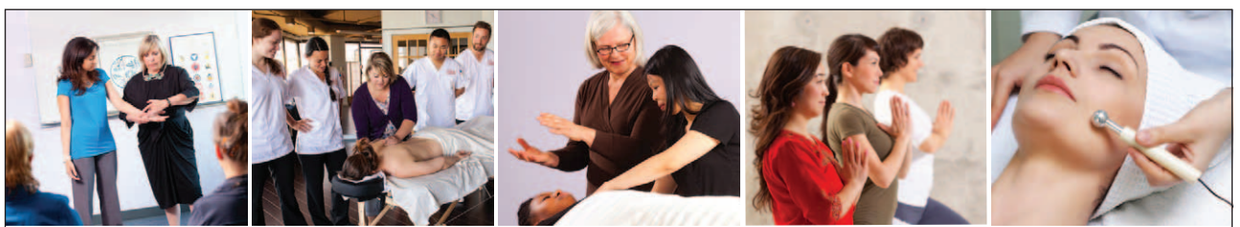

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ENVIRONMENT

Cecil's killing spotlights barbaric hunt

A beloved animal, tagged for tracking by researchers, crosses the invisible boundary between protected and unprotected area and is killed by a hunter who has paid tens of thousands of dollars for the "experience." That was the fate of Zimbabwe's Cecil the lion, whose killing sparked torrents of online and on-air outrage. But it also happens around the world every day, including in my home province of BC.

Many people are familiar with Cecil's story. Minnesota dentist Walter Palmer and his guides, hunting at night with spotlights, are alleged to have tied a dead animal to their car near Hwange National Park to lure the lion. According to reports, Palmer wounded Cecil with an arrow, then tracked and shot the animal with a rifle 40 hours later. The lion's body was found on the park's outskirts, skinned and headless, along with the tracking collar.

Killing animals solely for "sport" or "trophies" is an ongoing and worldwide practice and something Palmer had engaged in many times and in many places, including Canada. He was even convicted of charges related to an illegal bear kill in 2008.

Closer to home, a grizzly that was tagged for research in Banff National Park had the misfortune to cross from Alberta, where grizzly hunting is illegal, into BC, where it isn't, and was legally shot and killed. On the BC coast, people were outraged when a photo surfaced of NHL player Clayton Stoner with a grizzly he shot in the Great Bear Rainforest. Coastal First Nations have banned trophy hunting there, but the government doesn't recognize the ban. The bear, named Cheeky by local residents, was skinned and had his head and paws cut off, with the rest of the carcass left to rot. Reports have also surfaced that the winner of the Guide Outfitters Association of BC's highest award in 2015 was convicted of illegal grizzly baiting in 2012.

Even though many grizzly populations are vulnerable and close to 90% of British Columbians, including many food hunters, oppose trophy hunting, BC's government refuses to end the hunt, even in parks and areas where First Nations have banned the practice. Conservationists and other experts have challenged government population estimates, claiming they're based on guesswork and that the real number is likely less than half the 15,000 on which the government justifies the hunt…

In BC, trophy hunters have slaughtered more than 12,000 grizzlies over the past three decades. Like Palmer, non-resident hunters here pay large amounts of money to "bag" a grizzly because the species is protected in their home country, such as the US, or because populations have dwindled to a handful, as in Western Europe, where the species is now protected.

Killing animals purely for the "thrill" is barbaric and wasteful and can't be justified on economic or conservation grounds. Studies show more money can be made from people who want to view and photograph them. Research also shows very little [of the] money paid by trophy hunters benefits the local economy.

We're at a critical moment in human history… We're in a global eco-crisis that demands a redefinition of our relationship with plants and other animals.

It's time to end trophy hunting. In BC, the government must listen to citizens and conservationists, respect First Nations laws and customs and end the grizzly hunt.

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org

INDEPENDENT MEDIA Laura Tribe

MEDIA

Vote for Canada's digital future

In the 2015 election, join OpenMedia's pledge drive and help shape positive change

This election, Canadians can't afford to be caught up in the soundbites, quibbles and petty pandering our politicians are increasingly levelling at each other – Trudeau's hair? Mulcair's smile? Harper's suit?

There's a much bigger issue up for debate: what do we want our country to look like five or 10 years from now?

This election, Canadians need to focus on what really matters: what the next leader of this country is going to do to build a Canada that represents all Canadians and help us return to our place as a leader in communications and technological innovation.

We live in the digital information age, but our policies, practices and infrastructure are not keeping up. Yes, many of us are more connected than ever, but it is at the expense of both our finances and our privacy rights.

Our digital economy is under threat. Over 150 businesses have said the undermining of digital security and privacy will negatively impact their ability to do business in Canada. Many others have called for action to fix our broken telecom market. Do we really want to drive our local businesses out of town by failing to provide the digital infrastructure, security and privacy safeguards they require to operate in a global market?

Sadly, that will be the reality if we carry on with the current government's failed policies. To take one example, the government has been promising for years to lower cell phone prices. They even launched a flashy website on the taxpayer's dime to trumpet this policy.

But the end result was failure: the government's official Wall Report recently concluded we're still moving in the wrong direction. With cell phone costs increasing at over three times the rate of inflation, Canadians are still paying among the highest prices in the industrialized world.

Elections can be petty, tedious and exhausting. But they can also be exciting. This is our chance to discuss the big issues – the changes we want to see in Canada. We don't have to be caught up in the petty minutiae of politics. Instead, we can take a step back and dream about what we really want our future to look like and see which politicians are really listening.

Put simply, this election represents our best chance to shape Canada's digital future. It's our chance to lower cell phone prices, repeal Bill C-51, reject Internet censorship and deliver affordable world-class Internet service for all Canadians.

This election, take some time to think about what you want your Canada to look like.

OpenMedia is currently hosting a pledge drive to encourage Canadians to vote for Canada's Digital Future this election. We have listened to hundreds of thousands of Canadians and turned your crowdsourced recommendations into positive action plans to safeguard our privacy, encourage affordable access to Internet services and protect our free expression.

But beyond these policies and detailed recommendations, I'd like to encourage you to take some time to step aside from the partisan politics and the Canada we live in now and imagine the digital future you envision for Canada. And also imagine how we can make this happen.

This election, I'm going to be voting for Canada's Digital Future. Will you join me?

You can learn more and add your voice at OurDigitalFuture.ca

Laura Tribe is Digital Rights Specialist for OpenMedia

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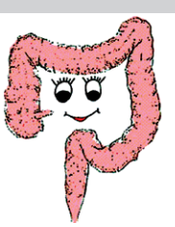

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Events

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Andean Wisdom Teachings with Jhaimy Alvarez-Acosta from Cusco, Peru. Workshops, retreats, talks & personal healings. Vancouver www.childrenofthe7rays.com 778-279-7234.

SEP 11-13
Indian Head Massage Weekend Workshop with Susan Allen. Course fee: $395 + GST. Practicum optional. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEP 14
Optimizing Your Immunity With the Use of Traditional Chinese Medicine with Tanya Gee, Dr. TCM, Grad of ICTCMV. At Vancouver Public Library, 350 West Georgia St., Alma VanDusen and Peter Kaye Rooms. www.tcmcollege.com info@tcmcollege.com

SEP 17 & 19
Fearbusters! Live the Life You Really Want: Free introductory circles. Registration & details: www.QuantumofSolaceHealing.com Click the "Events" tab. (604) 942-9276, QuantumofSolaceHealing@gmail.com

SEP 17 & OCT 20
Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. In Vancouver, 7:30PM. RSVP at info@shamanicmedicine.ca www.shamanicmedicine.ca

SEP 18-20
Heart's Aspiration: Boundless Mind – Weekend Meditation Retreat with renowned Zen Buddhist teacher Hogen Bays, Roshi. Experience a taste of boundless mind. Discover your heart's aspiration and your life's purpose. Friday 7-9PM, September 19 & 20, 9-4 PM. Bridge and Enrich Lives Society 718 E. 20th Ave (Fraser & 20th), Vancouver. $75/concessions. Register/Info: kimhansen@telus.net 604-985-2347. Visit us on Facebook @ North Shore Zendo.

SEP 18-20
Introduction to Hand Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEP 19
Find the Treasure Within Through Meditation: Enlightened Living FREE Class. 7PM, Meditation & Ecology Centre, 11011 Shell Rd., Richmond. Register: 604-985-5840. Drop-ins welcome.

SEP 19
Krishnamurti Vancouver Group @ Vancouver Public Library, Board Breakout Room, 350 W. Georgia St. 1-5PM. Free video showing & dialogue! www.meetup.com/Krishnamurti-Vancouver-Group

SEP 25-26
Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine: Sep 25: Gala Award Dinner, Fairmont Waterfront. Sep 26: Free Public Colloquium. Keynote speaker Dr. Jeffrey Bland. Vancouver Convention Centre West. Gala Tickets $175. Register at http://www.drrogersprize.org/

SEP 25-27
A Glimpse of Total Freedom: A dialogue retreat with Richard Waxberg & Deborah Kerner. At Krishnamurti Educational Centre of Canada. Beautiful ocean-front setting near Victoria. Register at www.krishnamurti-canada.ca, programs@krishnamurti-canada.ca, 250-744-3354.

SEP 27
Transformation through Meditation: FREE Intro Workshop – Jyoti (Inner Light) Meditation, 2PM, Meditation & Ecology Centre, 11011 Shell Rd., Richmond. Register: 604-985-5840. Drop-ins welcome.

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SEP 30
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OCT 4
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OCT 7
Growing Up: How Taking Responsibility Leads to Happiness. With Catherine O'Kane, 7:30PM sharp. Unity of Vancouver, 5840 Oak @41st. www.clearmind.com

OCT 17
"Sensitivity, Emotions & Complex Me." Learn how to manage your energy and sensitivity. Embrace your intuitive and sensitive nature. Move from feeling repressed to free. Turn anxiety and overwhelm into confidence and ease & more. Victoria Conference Centre. Info/tickets at www.sensitivesoul.com

OCT 17
Discover Your Shamanic Goddess: A 1-day Shamanic Workshop for Women. 10AM, $65. Identify the essence of your true nature. With Shamanic Practitioner Sonya Weir. www.eaglefireshamaniccoaching.com Email sonyaweir@uniserve.com to register or call 778-227-2939.

OCT 22
C7Rays Foundation Fundraiser & Silent Auction in Vancouver to celebrate & support community projects in Canada & Peru. 778-279-7234 www.childrenofthe7rays.com

OCT 24
Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000. Lecture descriptions at www.instituteofholisticnutrition.com

OCT 24-25
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OCT 30-NOV 1
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NOV 8
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NOV 20-22
Sacred Passage End-of-life Doula Training with Tarron Estes: Public Talk, Friday, 7-9:30pm, $20 or $25/door; Weekend: 9-5:30PM, $385/advance or $420, info: http://sacredpassagevcr.brownpapertickets.com

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SEP 17-Nov 5: Building Inner Resilience: Compassion Cultivation Training. 8-week series, 6:30-8:30PM, Integrates contemplative practices, mindfulness and science. $290; More info: http://ConnectingCompassion.ca

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Barricading democracy

Election fraud through debate rigging

by Anthony James Hall

The Canadian federal election of 2015 is rigged. Stephen Harper has leaned on his corporate cronies and assets in order to fix the outcome of two federal election debates in English-speaking Canada. The Leader of the Green Party, Elizabeth May, is excluded from both events.

The economic debate takes place on Sept. 17 on the PM's home political turf of Calgary Alberta, now NDP territory politically. The second and most heavily rigged debate takes place in Toronto on Sept. 28. The host of this debate on Canada's foreign policy is Peter Munk and Toronto's Munk institutes. These institutes – the Munk Debates and the University of Toronto's Munk School of Global Affairs – are basically Public Relations extensions of the constellation of corporate interests revolving around Barrick Inc.

Barrick's Meteoric Rise from Obscurity to Dominance in the Global Gold Trade

There is much more than meets the eye with respect to the locating of the federal leaders debate on foreign affairs. One telling detail took place last January when John Baird, then Canada's Foreign Affairs Minister, handed the U of T's Munk School of Global Affairs a federal check. The amount was 100 times larger than the bribe delivered to Mike Duffy from the private pocket of Harper's Chief of Staff, Nigel Wright. Wright too has extremely close ties to Barrick Gold, the Munk Debates, and Gerry Swartz's Onex Corporation where Anthony Munk, Peter's son, is a top executive.

Yves Engler has identified the obvious conflict of interest in allowing a PR offshoot of a Canadian mining conglomerate to host a debate on Canadian foreign affairs at a time when Canada's "extractive industries" are at the centre of a broad array of international contentions. In *rabble.ca* Engler writes, "while Canada's status as a global mining superpower ought to be part of a foreign policy debate, don't expect any discussion of regulating mining activities abroad on September 28… Nor should we expect discussion about matters likely to embarrass the military or major corporations."

Such topics will probably be papered over, because as Engler predicts, a real spotlight on the reason for Canada's dwindling stature and reputation internationally "might offend billionaire Peter Munk."

In the 1980s, the point person on the Barrick complex of companies was the notorious CIA asset and Saudi arms merchant, Adnan Khashoggi. Munk was inserted to replace the flamboyant Saudi playboy once Khashoggi was made to become a fall guy in the Iran-Contra scandal. Munk stepped into Barrick's spotlight after 1989 when the Torontonian came up with $4 million to bail out Khashoggi from a New York jail after the arms merchant got caught up with Imelda Marcos' unorthodox gold transactions.

Barrick has been the lead navigator for an elaborate network of enterprises grouped together by the Harper government as the so-called "extractive sector." Largely because of lax regulation and enforcement mechanisms in the stock exchanges of Vancouver and Toronto, Canada presently leads the world as the preferred headquarters for the transnational "extractive sector."

The core of Barrick's business model is the trade in insider information. Strategic data is regularly brought to Barrick especially by former politicians seeking to cash in on their privileged access to state secrets and global contacts acquired in the days when they held public office. Prominent among this genre of Barrick operative has been Mulroney and Baird who have followed the trail pioneered by the former US President, George H.W. Bush.

When he was in the Oval Office from 1989 to 1993 and during the years that followed his one-term US presidency, George Bush Sr. played a major role in the rise of Barrick's fortunes. By virtually gifting Barrick the USA's most lucrative gold mine on federal land in Nevada, Bush kick started a progression that projected the Canadian company from obscurity to dominance in the global gold business.

John Baird is Brian Mulroney's new understudy on Barrick's International Advisory Board. Baird knows well from his own extensive ministerial involvement with the relevant files that the activities of Canada's most famous gold company have been volatile centres of turmoil and contention in the conduct of Canadian foreign policy. For instance, widely-reported revelations of environmental degradation together with Barrick's corruption of Chilean politicians to promote the Canadian gold company's disastrous Pascau Lama project have energized an upsurge of condemnations blackening Canada's reputation throughout Latin America.

The growing web of international controversy is extending to transnational networks of police forces, media, courts, government ministries, financiers and politicians. The prominent individuals being drawn into this maelstrom include former Canadian PM Brian Mulroney, former Chilean President Ricardo Largos, banker Andronico Luksic Jr, and Peter Munk himself. How can the Munk Debates offer a platform of credible neutrality for a leaders' debate on Canadian foreign policy when Barrick Gold has become such a toxic vehicle of Canada's relationship with the global community?

Removing the Barricades

The unregulated extraction of resources abroad, and the raiding of pension funds at home, give new meaning to the attacks of Barrick's Barricudas. Surely it is time to end the farce of treating old sawfish like Peter Munk or Brian Mulroney or Henry Kissinger or George H. W. Bush as darlings of the academy who are above the law. Sooner or later we will have to come to grips with the fact the centre of organized crime and state terror is located in places like the boards rooms of HSBC, the International Advisory Board of Barrick Gold and the PMO of Prime Minister Stephen Harper.

We need to move beyond old paradigms like the lionization of wealth and the intensifying marginalization of the wretched of the earth. We need to embrace life over death, to get off the grid, to say no to smart meters, GMOs, geoengineering, fracking, Tar Sands, forced fluoridation, more Fukushimas, species depletion, and the ongoing genocide of some our most vulnerable brothers and sisters

We need to sort fact from PR spin in order to ramp down the activities of the war machine with its voracious hunger for a steady stream of new enemies to vanquish. We need understand how it is that Barrick Gold's poster boy of Internet libel would emerge a decade later as a prophetic critic of the more dubious tactics deployed in making Canada an international mining superpower. Only by casting light on such narratives of repression can we fully apprehend the larger implications of Harper's crimes against democracy. This crime spree now extends to fixing elections in Canada through the rigging of public debate.

Anthony Hall is professor of Globalization Studies at the University of Lethbridge. He has written for the **Globe and Mail**, the **Toronto Star**, **Canadian Dimension** and many other periodicals. His most recent books are **Earth Into Property: Colonization, Decolonization and Capitalism** and **The American Empire and the Fourth World**.

Go online for full article at www.commonground.ca

Who owns Stephen Harper?

by Linda McQuaig

As the renowned republican backroom operator Mark Hanna noted back in the late 19th century, "There are two things that matter in politics. One is money and I can't remember the other."

Indeed, the fantastically wealthy Koch brothers proved in the recent US congressional vote that organizing billionaires to buy elections is a lot easier than herding cats.

JakeWright photo

The Kochs raised $290 million from America's mega-rich to win control of Congress and are now raising a further $889 million in a bid to buy the Oval Office.

Here in Canada, we have tougher rules restricting the role of money in politics. But the Boy Scout aura surrounding our election financing laws appears to have lulled us into a bit of a coma.

With a federal election on October 19, two pressing questions involving the role of money in Canadian politics are attracting surprisingly little media attention.

The first: who owns Stephen Harper? This isn't a philosophical enquiry. It's a straightforward question about the identity of the secret donors who paid the bill for Harper's rise to power, first as leader of the Canadian Alliance and then the Conservative party.

Donors contributed more than $2 million to the prime minister's two leadership bids, but the identities of some of the major donors have never been publicly disclosed, according to Ottawa-based corporate responsibility advocacy group Democracy Watch.

The group notes there was nothing illegal about the donations under the election laws of the time. But anyone who believes that those secret donors don't have a favoured place in Harper's heart – such as it is – probably also believes that Mike Duffy has always lived in a little cottage in PEI.

In the 2002 Canadian Alliance leadership race, Harper disclosed some of his donors but kept secret 10 of the major ones. A list of donors to Harper's Conservative party leadership race two years later was at one point posted on the party's website but has since been removed.

At the time of those races, it was legal for leadership contenders to receive unlimited donations from corporations, including foreign-owned businesses operating in Canada.

"Big business and [its] executives could have given Harper hundreds of thousands of dollars in donations," says Democracy Watch co-founder Duff Conacher, who is currently a visiting professor at the University of Ottawa's School of Political Studies.

Although there's no legal requirement for disclosure, Conacher argues that Harper should divulge the names of his donors for the same reasons of ethics and transparency that he so loudly trumpeted in his first election campaign. Shouldn't Canadians know, for instance, if Harper's early leadership bids were significantly bankrolled by, say, the Koch brothers, who are among the largest leaseholders of Alberta's tar sands and therefore have a huge financial stake in preventing Canada from limiting greenhouse gas emissions?

Have Harper's radical policy departures in areas like energy, the environment and the Middle East been unduly influenced by large donors? And if not, why the secrecy?

On another election financing front, there's been little outrage over the fact that the Harper government just eliminated a key law that was aimed at countering the power of Big Money in Canadian politics.

The law – under which Ottawa paid political parties a small $2 subsidy for every vote they received – was widely recognized as by far the most democratic aspect of our election financing framework, since it ensured that every vote cast in a federal election had some impact. Even if someone voted for a party that didn't win, that voter managed to direct a small government subsidy to his or her chosen party. These subsidies added up to millions of dollars and were a key source of political funding, having the effect of giving equal weight to every vote no matter how rich or poor the person casting it.

So, naturally, Harper scrapped it. The coming federal election will be the first in which this quintessentially democratic aspect of our election financing laws no longer applies.

Of course, poorer folks still have the full legal right to take advantage of other government subsidies in our election financing system – except that they lack the money necessary to do so.

Individuals making contributions to political parties receive generous government subsidies through the tax system. An individual donating $400, for example, gets $300 back in tax savings. But you have to have a spare $400 in order to play this game.

That's why only 2% of Canadians make political donations. Not surprisingly, most of these contributors are in the upper income brackets.

So the bulk of the tax subsidies – which totalled $20 million in the 2009 election – go to this wealthier group, which enables them to increase their influence over our elections.

In fact, all aspects of our election financing system involve government subsidies. But only one – the now-removed pay-per-vote subsidy – distributed the subsidy in a way that didn't favour the wealthy.

And Harper has also just increased the subsidy for wealthier Canadians by raising the limit on political donations from $2,400 to $3,000 a year ($4,500 in an election year). The new rules also hike the amount candidates can donate to their own campaigns from $1,200 to $5,000 and allow leadership candidates to donate $25,000 to their own campaigns.

Of course, the wealthy are able to influence the political process in other ways, too, most notably by shaping the public debate through their ownership of the media and by threatening to withdraw their capital from the economy if laws they don't like are enacted.

In the recent US congressional elections, the Koch brothers helped secure the victory of an unlikely band of far-right extremists who control both the House and Senate.

Among some three million political ads for both parties, there wasn't a single mention of the issue of income inequality – either for it or against it, says Sam Pizzigati, editor of a newsletter on inequality at the Washington-based Institute for Policy Studies.

The rich have effectively declared that subject – and the implication that they should face higher taxes – out of bounds. Given the extraordinary grip of the wealthy on so many aspects of society, why on Earth wouldn't we want to hold onto a law that, at least in one small way, gave a homeless person the same political power as a billionaire?

Reprinted with permission. Originally published in **Now** magazine, February 4, 2015. **Linda McQuaig** is an author and journalist. She is running for the NDP in the riding of Toronto Centre in the upcoming federal election.

...**Hidden ingredient** *from p.11*

of this statement. You can also watch my lecture on YouTube: *Engineered Food and Your Health: the Nutritional Status of GMOs*.

It appears we are back in the 1970s when, every few days, the tobacco industry was spewing safety statements with the studies to prove it. Now, the strategy about the safety of GMOs is slightly different. The industry – essentially, the chemical company Monsanto – is keeping the public and media focused on the engineering technology and GMOs. And they have all the studies to prove their safety. I also suspect the industry actually generates much of the anti-GMO rhetoric we see in the major media and on the Internet. I call it "controlled opposition." Their job is to remind you there is an intense debate about GMOs, with lots of public opposition. This industry regularly fuels the debate about the safety of GMOs. Apparently, anything goes as long as it keeps the focus away from the antibiotic in the food system.

Almost all engineered food crops and a good number of non-engineered food crops are routinely sprayed with a powerful antibiotic that doubles as a popular herbicide… There are many areas in the US and Canada where RoundUp® Ready crops are grown and where 75% of water and air samples contains traces of glyphosate.

Very few people bother to question the huge increase in this antibiotic – masquerading as an herbicide – in our environment, and particularly in our food where it reached toxic levels many years ago. The levels are probably so scary that Agriculture Canada, Health Canada, the USDA and the FDA dare not even go there. Almost all agricultural chemicals of concern are measured every year and kept in check, except for glyphosate, which is regarded as completely innocuous since its first registration as an herbicide 40 years ago. Therefore, the government sees no need to monitor its use and residue levels in food and water. The recent classification by the World Health Organization that glyphosate is a "probable carcinogen" should trigger in Canada an outright ban of this molecule in the food or, at least, a follow up of its effects on humans as is normally done with other pesticides.

If I were the vice president for promotion at Monsanto, I would do a number of things to keep this secret from going public. I would do all the standard things, of course, like hiring the best advertising brains in the business, emphasizing safety and singing the wonders of the genetic engineering technology. I would also keep your attention on the debate about the engineering technology, i.e. are GMOs good or bad for you? I would spare no trick of the trade to keep your attention away from the toxicity of the herbicide that is sprayed on your food. I would create a small army of graduate students (and scientists, of course – only the size of the bursary differs) and other mercenaries to engage with the anti-GMO "activists" and constantly remind you of the insanity of your fear. Most of the pro and anti-GMO rhetoric is just that: a lot of hot air and a lot of fear. Anything goes as long as it keeps your attention away from the secret ingredient. I would even have books published on the topic, some with all the available evidence of corporate malfeasance exposed in plain view, as long as the emphasis stayed away from the secret.

But I am not a vice president, although I was more than once in my science days, but that was another millennium. Aside from being a concerned consumer, I now find it necessary to alert you of this sordid story of corporate greed that causes so much illness. All I can do is speak and write publicly about this issue and hope you will do your part.

Dr. Thierry Vrain, a former soil biologist and genetic scientist, worked for Agriculture Canada for 30 years. He was the designated spokesperson to assure the public of the safety of GMO crops. Since retiring 10 years ago, after taking into account scientific evidence ignored by most of the bio-tech industry promoters and government regulators, Dr. Vrain has reversed that position and now warns of the dangers from GMOs.

Vision of a sustainable society

by Joyce Murray

What drives me is a vision of a sustainable society that lives in harmony with and protects the living world on which it depends. This vision emerged from my years tree planting, developing a regeneration business, working to change legislation to make forests more sustainable, creating total product stewardship legislation in British Columbia and seeking the leadership of the Liberal Party of Canada.

Politics is a place for making change – providing opportunities for success for those who have less; creating economic conditions that provide meaningful jobs and careers for young people, and support the independence and health of their parents and grandparents. Governments can shrink freedoms, transparency, the role of civil society, and environmental protection regulations – as Stephen Harper's Conservatives have done. Or they can restore our democratic institutions, rights and protections – as the Liberal Party commits to doing.

Joyce and husband Dirk

As Vancouver Quadra's MP I toured B.C. in 2010 with my Tanker Ban Bill C-606 to raise awareness of the risk of spills from crude oil tanker traffic on our vulnerable north coast; and fought for the Kitsilano Coast

> Politicians must cooperate to address the major challenges of our times like climate change, aboriginal opportunity, and international peace; this compels me to campaign for electoral reform

Guard Base – which the Liberals have pledged to re-open. Politicians must cooperate to address the major challenges of our times like climate change, aboriginal opportunity, and international peace; this compels me to campaign for electoral reform to create a fairer and more proportional voting system. Outdated 2001-era laws that fail to reflect the internet-based communications of today undermine Canadians' security and the protection of our privacy and democratic rights. This gap compelled me in the spring 2014 to write Bill C-622 – updating the law to protect citizens' metadata, require a judge warrant system, and limit the sharing of information amongst security and intelligence agencies. It has been exciting to represent your priorities.

The federal election takes place October 19th and you have a chance to be part of real change in this country. When I first ran in Vancouver Quadra in the 2008 federal by-election, the Conservative candidate came just 151 votes from winning. Last election was also too close for comfort with the Conservatives a close second-place finish – a stark reminder of how much your vote counts!

I ask you to go to www.RealChange.ca, read the details of our Liberal Party of Canada platform, and commit to vote. Let's create a sustainable society together!

Joyce Murray is the Member of Parliament, and current Liberal candidate, for Vancouver Quadra

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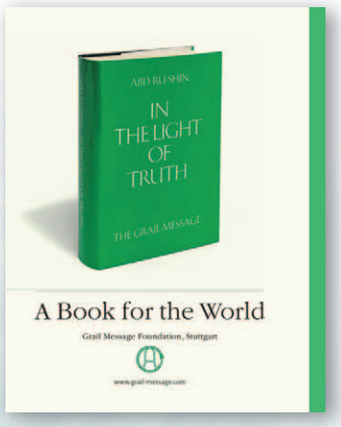

This magazine size color brochure is an introduction to the spiritual work **"In the Light of Truth – The Grail Message"** by Abd-ru-shin. You can read an overview of what the Grail Message is all about, who the author was in this life and why he brought us a message from "out of the Grail". It has a map of the world indicating all of the countries where the Grail Message is distributed and available. It also contains inspirational quotes by different people from around the globe.

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